



October Group Fitness Schedule – Indian Land

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am – Yoga w Carol Ann (L1) 10.15a - Pilates w Vicki (L2) 11.15a – Senior Fitness w Earl (L1) 6.30pm – Zumba-Sheila (L3)	2 8:30a – Level 1 Tai Chi w Earl (L1) 9:30a - Zumba G w Mia (L2) 6.30p Yoga w Sandra (L1)	3 9a – Yoga w Carol Ann (L1)	4 8:45a – Level 2 Tai Chi w Earl (L1)	5 9a – Zumba G w Mia (L2) 10a - Gentle Yoga w Carol Ann (L1)	6
8 9am – Yoga w Carol Ann (L1) 10.15a - Pilates w Vicki (L2) 11.15a – Senior Fitness w Earl (L1) 6.30pm – Zumba-Sheila (L3)	9 8:30a – Level 1 Tai Chi w Earl (L1) 9:30a - Zumba G w Mia (L2) 6.30p Yoga w Sandra (L1)	10 9a – Yoga w Carol Ann (L1)	11 8:45a – Level 2 Tai Chi w Earl (L1)	12 9a – Zumba G w Mia (L2) 10a - Gentle Yoga w Carol Ann (L1)	13
15 9am – Yoga w Carol Ann (L1) 10.15a-Pilates- Megan (L2) 11.15a – Senior Fitness w Earl (L1)	16 8:30a – Level 1 Tai Chi w Earl (L1) 9:30a - Zumba G w Mia (L2) 6.30p Yoga w Sandra (L1)	17 9a – Yoga w Carol Ann (L1)	18 8:45a – Level 2 Tai Chi w Earl (L1)	19 9a – Zumba G w Mia (L2) 10a - Gentle Yoga w Carol Ann (L1)	20
22 9am – Yoga w Carol Ann (L1) 10.15a –Pilates-Megan (L2) 11.15a – Senior Fitness w Earl (L1)	23 8:30a – Level 1 Tai Chi w Earl (L1) 9:30a - Zumba G w Mia (L2) 6.30p Yoga w Sandra (L1)	24 9a – Yoga w Carol Ann (L1)	25 8:45a – Level 2 Tai Chi w Earl (L1)	26 9a – Zumba G w Mia (L2) 10a - Gentle Yoga w Carol Ann (L1)	27
29 9am – Yoga w Carol Ann (L1) 10.15a - Pilates w Vicki (L2) 11.15a – Senior Fitness w Earl (L1)	30 8:30a – Level 1 Tai Chi w Earl (L1) 9:30a - Zumba G w Mia (L2) 6.30p Yoga w Sandra (L1)	31 9a – Yoga w Carol Ann (L1)			Level 1 (L1)– Beginner/Low Intensity Level 2 (L2) – Intermediate/ Moderate Intensity Level 3 (L3) – Advanced/High Intensity



Group Fitness Class Descriptions

Senior Fitness: Learn how to exercise safely and effectively for a shortened version without worry, building on your strength, balance and endurance **(Level 1- Light Intensity)**

Gentle Yoga: A class tailored to meet the needs of beginner level yoga. This class is meant to combine with Fitness 101 to give beginners/seniors the opportunity for a full body cardio/strength and flexibility workout (Note: This will NOT be chair yoga, but rather an easier version of regular yoga) **(Level 1- Light Intensity)**

Abs & Arms: An intense class consisting of weighted and bodyweight exercises and movements to improve strength, flexibility and toning of the core and upper body. **(Level 2, 3- Medium to Hard Intensity)**

Abs & Legs: An intense class consisting of weighted and bodyweight exercises and movements to improve strength, flexibility and toning of the core and lower body. **(Level 2, 3- Medium to Hard Intensity)**

Tai Chi: Beautiful, continuous exercises which reduce stress and increase your peace of mind with slow deep breathing exercises accompanying these gentle moves. **(Level 1- Light Intensity)**

Yoga: Regular yoga classes will be tailored to the participants' level of ability but will help to regulate breathing by exercises consisting of postures and stretches intended to sustain healthy body functioning **(Level 1, 2- Light to Med Intensity)**

Zumba: The famous dance-based cardio fitness program to all types of music **(Level 2- Med Intensity)**

Zumba G: introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination **(Level 1, 2- Light to Med Intensity)**

Pilates: This class is low impact utilizing a combination of Pilates exercises with the fitness ball, light weights and plenty of stretching. It will focus on core muscles and core stability while using controlled precise movements to condition and tone the entire body.